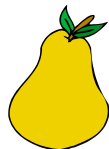


90 Gram Protein Sample Menu Plan

Day 1

**Breakfast:**

½ cup scrambled egg substitute
1 cup grits
½ cup liquid non dairy creamer
1 slice toasted white bread
1 tsp margarine
1 Tbsp jam
1 cup apple juice

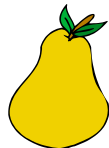
**Lunch :**

3 ounces roast beef
1 med potato (peeled & soaked)

½ cup mixed vegetables
12-15 grapes
1 cup pink lemonade

Snack:

15-20 jelly beans

**Dinner:**

4 ounces chicken breast
1 cup green beans
1 small dinner roll with margarine
½ cup fruit cocktail
6 ounces iced tea with sugar and lemon

Snack:

6 graham cracker squares
½ cup milk

Day 2

Breakfast:

1 fried egg
1 small blueberry muffin
1 tsp margarine
¾ cup corn flakes with
½ cup milk
½ medium grapefruit
6 ounces coffee with sugar

Lunch:

4 ounces hamburger on bun
mayonnaise, tomato slice, &
lettuce
1 cup carrots
1 medium peach
8 ounces lemon lime soda

Snack:

1 medium apple

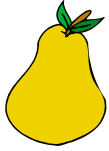
Dinner:

4 ounces pork chop
1 cup buttered noodles
½ cup broccoli
1 cup applesauce
8 ounces cran-apple juice

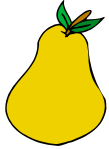
Snack:

10 vanilla wafers

Day 3

**Breakfast:**

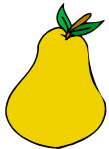
1 hard boiled eggs
1 cup oatmeal
½ cup liquid non dairy creamer
1 English muffin
2 tsp margarine
½ cup grape juice

**Lunch****Sandwich:**

3 oz turkey breast and
1 oz cheese on
2 pieces white bread
1 Tbsp mayonnaise
lettuce salad with
1-2 tablespoons dressing
10 unsalted pretzels
8 ounces ginger ale

Snack:

½ cup fresh blueberries
1 corn muffin with
1 Tbsp honey

**Dinner:**

4 ounces broiled halibut
with lemon juice
1 cup white rice
½ cup Brussel sprouts
1 slice apple pie
8 ounces iced tea

Snack:

1 popsicle

Remember:

3 ounces of meat is equal to the size of a deck of cards
8 ounces fluid equals one cup

Day 4

Breakfast:

¾ cup Rice Krispies™
½ cup liquid non dairy creamer
½ cup scrambled egg substitute
1 small doughnut
½ cup grapefruit juice

Lunch:**Sandwich:**

3 oz canned, unsalted
(in water) tuna
1 Tbsp mayo & lettuce on
2 slices of sourdough bread
1 small carrot

½ cup pineapple chunks
½ cup cranberry juice

Snack:

8 crackers
1 medium plum

Dinner:

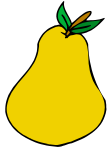
4 ounces top sirloin steak

1 cup noodles
½ cup asparagus
½ cup peach slices
8 ounces lemonade

Snack:

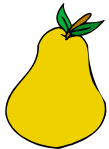
2 sugar cookies
½ cup milk

Day 5



Breakfast:

1 bowl of cream of wheat
½ cup liquid non dairy creamer
2 slices white bread, toasted with margarine and jelly
½ cup grape juice



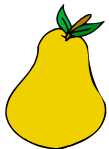
Lunch:

Sandwich:

4 ounces turkey breast on 2 slices sourdough bread with
1 slice tomato
1 Tbsp mayonnaise
Lettuce salad with 1 Tablespoon salad dressing
10 unsalted pretzels
8 ounces root beer

Snack:

½ cup watermelon
1 corn muffin with honey



Dinner:

4 ounces broiled chicken
½ cup rice
1 cup broccoli
1 slice French bread with margarine
8 ounces lemonade



Snack:

1 apple

Note: This diet provides approximately 2100 calories per day, and is limited in potassium, sodium and phosphorus



Source: Department of Veterans Affairs
Nutrition and Food Service Web Page